



Rutherford County Government's START! Walking Program brought to you by GetRutherFit & AHA.

****JOIN FREE****

Sign up:

Go to www.startwalkingnow.org

Click on green "Tracker" tab

Click register, Enter Name through Zip Code

Company: Select search for company

Type in Rutherford

Select Rutherford County Government

In the Dept/Team box, enter the three letter code for your dept. _____

Enter password and confirm

Enter height and weight-**Please note:** Your employer will NOT see this information and it will not be displayed on your MyStart! Community profile. It is used by the Tracker to help calculate and translate your non-walking/running activities into "total steps".

Preferences: The first box **MUST** be checked in order for you to be eligible for recognition and prizes. This will allow GetRutherfit access to your name, department/school, email, and exercise amounts. You may choose to check boxes 2 and 3 to receive additional information. Submit.

Now you are ready to log information into the Tracker. There are many resources available under this tracker. You may log your exercise under activity diary.

Please contact me with any questions.

Kelli Perrien

Wellness Coordinator

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